Multimedia Appendix 4: Meta-analysis and forest plots

Change in Caregiver Burden

	Experimental			Control			!	Std. Mean Difference	Std. Mean Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI		
3.1.1 Internet: Information	Educati	on + Psy									
Cristancho-Lacroix, 2015	0.3	6.6	25	-1.5	6.1	24	19.4%	0.28 [-0.28, 0.84]	- •		
Hattink, 2015	-0.24	0.749	21	-0.28	0.756	25	18.7%	0.05 [-0.53, 0.63]	- -		
Subtotal (95% CI)			46			49	38.1%	0.17 [-0.24, 0.57]	*		
Heterogeneity: Tau² = 0.00;	$Chi^2 = 0$	$.30, df = ^{\circ}$	1 (P = 0)).58); l ^z :	= 0%						
Test for overall effect: $Z = 0$.	82 (P = 0	0.41)									
3.1.2 Internet: Information	Educati	on + Psy	choso	cial sup	port - Pe	ers + F	sychoso	cial support - Professional			
DuBenske, 2014	-4.07	4.496	44	-1.56	5.723	51	26.0%	-0.48 [-0.89, -0.07]			
Pagan-Ortiz, 2014	0.09	0.536	15	-0.12	0.442	17	14.9%	0.42 [-0.28, 1.12]	 • -		
Torkamani, 2014	3.14	15.293	27	1.53	12.199	30	21.0%	0.12 [-0.40, 0.64]			
Subtotal (95% CI)			86			98	61.9%	-0.03 [-0.57, 0.50]	•		
Heterogeneity: Tau² = 0.15;	Chi²=6	.00, df = 3	2(P = 0)	0.05); l ^z :	= 67%						
Test for overall effect: $Z = 0$.	13 (P = 0	0.90)									
Total (95% CI)			132			147	100.0%	0.03 [-0.31, 0.36]	*		
Heterogeneity: Tau² = 0.07;	$Chi^2 = 7$	$.74$, df = 4	4 (P = 0)).10); l ^z :	= 48%				 		
Test for overall effect: $Z = 0$.	15 (P = 0	0.88)							-4 -2 U 2 4 Favours [experimental] Favours [control]		
Test for subgroup differenc	es: Chi²:	= 0.35, d1	ravours [experimental] Favours [control]								

Change in Life Satisfaction

	Exp	eriment	tal	(Control			Std. Mean Difference		Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total Weight IV, Random, 95% CI			IV, Random, 95% CI		
3.3.1 Internet: Informa	ation / Ed	ucation									
McLaughlin, 2013 Subtotal (95% CI)	-0.13	1.547	104 104	0.2	1.418	97 97	59.9% 59.9%	-0.22 [-0.50, 0.06] - 0.22 [-0.50, 0.06]		.	
Heterogeneity: Not app	plicable										
Test for overall effect: 2	Z = 1.56 ((P = 0.12)	2)								
3.3.2 Internet: Informa	ation/ Edu	ucation -	+ Psyc	hosocia	al suppo	ort - Pe	ег				
Núñez-Naveira, 2016	-0.07	4.318		-0.45	5.451	31	18.3%	0.08 [-0.43, 0.58]			
Subtotal (95% CI)			30			31	18.3%	0.08 [-0.43, 0.58]		—	
Heterogeneity: Not app											
Test for overall effect: 2	Z = 0.30 ((P = 0.77)	7)								
3.3.3 Internet: Informa	ation/ Edu	ucation -	+ Psyc	hosocia	al suppo	ort - Pe	ers + Psy	chosocial support - Professiona	ı		
Pierce, 2009	-0.6	4.796	36	0.5	4.208		21.8%	-0.24 [-0.70, 0.22]		-	
Subtotal (95% CI)			36			37	21.8%	-0.24 [-0.70, 0.22]		→	
Heterogeneity: Not app											
Test for overall effect: 2	Z = 1.03 ((P = 0.30)	0)								
Total (95% CI)			170			165	100.0%	-0.17 [-0.39, 0.04]		•	
Heterogeneity: Tau² =	0.00; Chi	$i^2 = 1.15$, df = 2	(P = 0.5)	56); I² = 0	0%			-4		_
Test for overall effect: 2	Z = 1.56 ((P = 0.12)	2)						-4	Favours [control] Favours [experimental]	4
Test for subgroup differences: $Chi^2 = 1.15$, $df = 2$ (P = 0.56), $I^2 = 0\%$										· areare [conseq] · areare [experimental]	

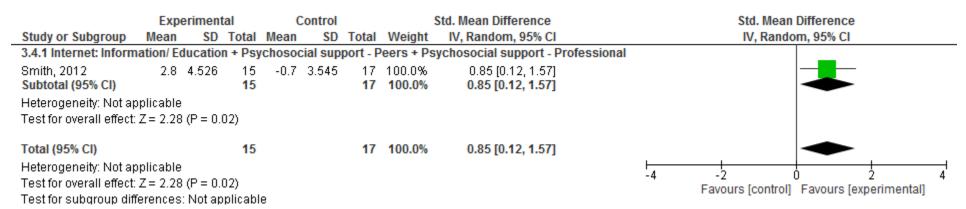
Change in Self-efficacy / Mastery

	Experimental			Control			Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean		Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
3.2.1 Internet: Information	/ Educati	ion							
Beauchamp, 2005 Subtotal (95% CI)	2.5	5.43	150 150	0.8	5.66	149 149	21.9% 21.9%	0.31 [0.08, 0.53] 0.31 [0.08, 0.53]	<u>-</u>
Heterogeneity: Not applical Test for overall effect: Z = 2.		0.009)							
3.2.2 Internet: Information	Education	on + Ps	ychos	ocial su	pport -	Peer			
Cristancho-Lacroix, 2015	-3.2	14.1	25	-0.5	15.5	24	11.6%	-0.18 [-0.74, 0.38]	
Hattink, 2015	0.24	0.836	21	-0.5	1.08	25	10.7%	0.74 [0.14, 1.35]	_
Núñez-Naveira, 2016	-0.23	1.741	30	-0.06	1.744	31	13.1%	-0.10 [-0.60, 0.41]	
Subtotal (95% CI)			76			80	35.3%	0.14 [-0.41, 0.69]	•
Heterogeneity: Tau² = 0.16;	$Chi^2 = 5.$.95, df=	2 (P =	0.05); P	² = 66%				
Test for overall effect: $Z = 0$.	.50 (P = 0	0.62)							
3.2.3 Internet: Information	/ Education	on + Ps	ychos	ocial su	pport -	Profes	sional		
Kim, 2013	2.8	1.895	18	0.4	2.017	18	8.6%	1.20 [0.48, 1.92]	_
Subtotal (95% CI)			18			18	8.6%	1.20 [0.48, 1.92]	•
Heterogeneity: Not applicat	ble								
Test for overall effect: $Z = 3$.	.28 (P = 0	0.001)							
3.2.4 Internet: Information	/ Education	on + Ps	ychos	ocial su	pport -	Peers	+ Psycho	social support - Professional	
Nesbitt-Fowler, 2016	-0.2	5.59	15	-4	5.995	13	7.8%	0.64 [-0.13, 1.40]	
Pagan-Ortiz, 2014	0.08	0.351	15	-0.06	0.423	17	8.8%	0.35 [-0.35, 1.05]	
Smith, 2012	1.2	2.195	15	-0.3	2.698	17	8.6%	0.59 [-0.12, 1.30]	 •
Subtotal (95% CI)			45			47	25.3%	0.52 [0.10, 0.94]	•
Heterogeneity: Tau² = 0.00;	$Chi^2 = 0.$.36, df=	2 (P =	0.84); F	² =0%				
Test for overall effect: $Z = 2$.43 (P = 0	0.01)	-						
3.2.5 Internet + telephone:	Monitori	ing + Ps	sychos	ocial su	ıpport -	- Peers	+ Psycho	osocial support - Professional	
Hattink, 2016	0	1.18	17		0.604	15	8.9%	0.17 [-0.52, 0.87]	
Subtotal (95% CI)			17			15	8.9%	0.17 [-0.52, 0.87]	•
Heterogeneity: Not applicat	ble								
Test for overall effect: $Z = 0$.		0.63)							
Total (95% CI)			306			309	100.0%	0.36 [0.11, 0.62]	•
Heterogeneity: Tau ² = 0.06;	Chi² = 1	4.79, df	= 8 (P	= 0.06):	$I^2 = 469$	%			
Test for overall effect: $Z = 2$.		-	,	- //					-4 -2 0 2 4
Test for subgroup differenc	•		df = 4 (P = 0.14	1), $I^2 = 4$	2.1%			Favours [control] Favours [experimental]

Change in Reaction to Problem Behavior

	Expe	eriment	tal	(Control			Std. Mean Difference	Std. Mean Difference			
Study or Subgroup	Mean SD Total			l Mean SD Total			Weight	IV, Random, 95% CI	IV, Random, 95% CI			
1.6.1 Internet: Information /	Educati	ion										
Kajiyama, 2013 Subtotal (95% CI)	-0.34	0.593	46 46	-0.12	0.636	57 57	56.5% 56.5%	-0.35 [-0.75, 0.04] - 0.35 [-0.75, 0.04]	•			
Heterogeneity: Not applicab	le											
Test for overall effect: $Z = 1.7$	77 (P = 0	0.08)										
1.6.2 Internet: Information/	Education	on + Ps	ychos	ocial su	pport -	Peer						
Cristancho-Lacroix, 2015 Subtotal (95% CI)	0	0.4	25 25	-0.1	0.5	24 24	43.5% 43.5%	0.22 [-0.34, 0.78] 0.22 [-0.34, 0.78]	-			
Heterogeneity: Not applicab	le											
Test for overall effect: $Z = 0.7$	76 (P = 0	0.45)										
Total (95% CI)			71			81	100.0%	-0.10 [-0.66, 0.45]	•			
Heterogeneity: Tau ² = 0.10;	Chi ² = 2.	.68, df=	 									
Test for overall effect: $Z = 0.3$	37 (P = 0)	0.71)							Favours [experimental] Favours [control]			
Test for subgroup difference	es: Chi²:	= 2.68,	ravours (experimental) Pavours (control)									

Change in Self-esteem



Change in Caregiver Strain

	Experimental Control				ontrol			Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean SD Total			Weight	IV, Random, 95% CI	IV, Random, 95% CI				
3.6.1 Internet: Inform	nation / E	ducat	ion										
Beauchamp, 2005 Subtotal (95% CI)	-2.1	7.04	150 150	0.1	6.859	149 149	100.0% 100.0%	-0.32 [-0.54, -0.09] - 0.32 [-0.54, -0.09]	•				
Heterogeneity: Not ap	plicable												
Test for overall effect:	Z= 2.71	(P = 0	0.007)										
Total (95% CI)			150			149	100.0%	-0.32 [-0.54, -0.09]	•				
Heterogeneity: Not ap	plicable								, , , , , , , , , , , , , , , , , , , 				
Test for overall effect: Z = 2.71 (P = 0.007) Test for subgroup differences: Not applicable									-4 -2 0 2 4 Favours [experimental] Favours [control]				

Change in Social Support

	Exp	eriment	al	(Control	Std. Mean Difference				Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total Weight IV, Random, 95% CI				IV, Random, 95% CI			
3.5.1 Internet: Information/ Education + Psychosocial support - Peers + Psychosocial support - Professional													
Pagan-Ortiz, 2014	-0.05	0.444	15	-0.04	0.726	17	50.9%	-0.02 [-0.71, 0.68]		-			
Smith, 2012	1.1	4.594	15	5.1	5.503		49.1%	-0.76 [-1.49, -0.04]		_			
Subtotal (95% CI)			30			34	100.0%	-0.38 [-1.12, 0.35]			•		
Heterogeneity: Tau² =	0.15; C	hi² = 2.1	4, df=	1 (P = 0)).14); l ^z :	= 53%							
Test for overall effect:	Z = 1.02	2 (P = 0.3)	31)										
Total (95% CI)			30			34	100.0%	-0.38 [-1.12, 0.35]		•	-		
Heterogeneity: $Tau^2 = 0.15$; $Chi^2 = 2.14$, $df = 1$ (P = 0.14); $I^2 = 53\%$										- 1			
Test for overall effect: Z = 1.02 (P = 0.31)										Favours (control)	Z Favours [experimenta	4 all	
Test for subgroup differences: Not applicable										r avours [control]	avouro [experimente	11	